



NATIONAL NAIL TECHNOLOGY (MANICURING) WRITTEN EXAMINATION

CANDIDATE INFORMATION BULLETIN

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The National Nail Technology (Manicuring) Examination is the national licensure examination for Nail Technicians (Manicurists), which is developed and administered by the National-Interstate Council of State Boards of Cosmetology. This Information Bulletin includes the Content Outline covered by the National Nail Technology (Manicuring) Examination, sample questions similar to those on actual examinations and the correct answers. The time allowed for the Nail Technology (Manicuring) written examination is 90 minutes.

SCIENTIFIC CONCEPTS 35 %

Basic Human Physiology

Nail Technology

- ◇ Skin of the hands and feet
- ◇ Systems

Nail Composition

- ◇ Structure
- ◇ Disorders and diseases of the nail

Chemistry

- ◇ Product composition
- ◇ Manicuring products
- ◇ Hazardous chemicals in nail products

Disinfecting and Sterilizing

- ◇ Bacteria
- ◇ Parasites
- ◇ Viruses
- ◇ Infections
- ◇ Immunity
- ◇ Methods

PROCEDURES 65 %

Supplies and Implements

Artificial and Natural Nail Technology

- ◇ Purposes and effects
- ◇ Utilizing the correct safety procedures

Manicure

- ◇ Client consultation and nail assessment
- ◇ Remove polish
- ◇ Shape nails
- ◇ Soften cuticles in soapy water
- ◇ Clean under nails
- ◇ Apply cuticle remover
- ◇ Push back cuticle
- ◇ Use nail nipper to remove excess cuticle (in compliance with state law)
- ◇ Buff
- ◇ Condition of nail
- ◇ Apply lotion for massage
- ◇ Remove traces of oil or lotion on nails
- ◇ Apply polish

Pedicure

- ◇ Client consultation and nail assessment
- ◇ Remove polish
- ◇ Shape nails
- ◇ Soften cuticles in soapy water
- ◇ Apply cuticle remover
- ◇ Push back cuticle
- ◇ Use nail nipper to remove excess cuticle (in compliance with state law)
- ◇ Buff
- ◇ Condition of toenail
- ◇ Exfoliate
- ◇ Apply lotion for massage
- ◇ Remove traces of oil or lotion on nails
- ◇ Apply polish

Basic Massage

- ◇ Hand
- ◇ Foot
- ◇ Arm
- ◇ Leg

Apply and Repair Artificial or Natural Nails

- ◇ Acrylic
- ◇ Wrap
- ◇ Gels
- ◇ Tips

Safety and Infection Control

Sample Questions

The following sample questions are similar to those on the NIC Nail Technology (Manicuring) Written Examination. Each question is followed by four answer choices. Only one choice is correct. Correct answers are listed following the sample questions.

SAMPLE QUESTIONS

1. Pumice stone is used in manicuring as
 - a. an abrasive.
 - b. a bleach.
 - c. a lubricant.
 - d. an astringent.
2. What is the FIRST step in performing a manicure?
 - a. Shape the nails
 - b. Soften the cuticles
 - c. Clean under free edge
 - d. Remove old polish
3. Nail files are used to shape the
 - a. lunula.
 - b. cuticle.
 - c. sides of the nail.
 - d. free edge of the nail.
4. Where should all manicuring cosmetics be kept when not being used?
 - a. On a clean shelf
 - b. On the manicuring table
 - c. In a clean manicuring kit
 - d. In clean, closed containers
5. For what type of skin are hand creams and lotions recommended?
 - a. Dry
 - b. Oily
 - c. Tanned
 - d. Bleached
6. Which one of the following is a condition in which the cuticle splits around the nail?
 - a. Hangnails
 - b. Pterygium
 - c. Onychophagy
 - d. Onychorrhexis
7. Nerves and blood vessels are found in the nail
 - a. bed.
 - b. wall.
 - c. plate.
 - d. grooves.
8. An antiseptic is used in manicuring to
 - a. bleach the nails.
 - b. treat minor cuts.
 - c. smooth corrugated nails.
 - d. give the nails a high sheen.
9. After each use, manicuring instruments should be
 - a. wiped with a towel.
 - b. wiped with a tissue.
 - c. cleansed and disinfected.
 - d. washed with soap and water.
10. For which one of the following are oil manicures recommended?
 - a. Leuconychia
 - b. Split nails
 - c. Brittle nails
 - d. Prevention of infection

11. What is the actively growing part of the nail?
 - a. Lunula
 - b. Matrix
 - c. Mantle
 - d. Free edge
12. What should be applied to a split in the nail before wrapping it?
 - a. Top coat
 - b. Base coat
 - c. Adhesive glue
 - d. Nail hardener

Answers

- | | | | |
|------|------|------|-------|
| 1. a | 4. d | 7. a | 10. c |
| 2. d | 5. a | 8. b | 11. b |
| 3. d | 6. a | 9. c | 12. c |

NAIL TECHNOLOGY (MANICURING) REFERENCES

Milady's Art & Science of Nail Technology, 2004
 Milady, an imprint of Thomson Delmar Learning
 5 Maxwell Drive
 Clifton Park, NY 12065
 (800) 730-2214

Milady's Standard Textbook of Cosmetology, 2004
 Milady, an imprint of Thomson Delmar Learning
 5 Maxwell Drive
 Clifton Park, NY 12065
 (800) 730-2214

Salon Fundamentals
 Pivot Point International, Inc. 2002
 Chicago, IL 60626, (800) 886-4247

NIC Health and Safety Standards
 NIC, Inc., October 2002
www.nictesting.org